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Table 1. Continued					
Study	Sample size	Age range	Gender	Intervention	Outcome
Wong et al. (2000)	100	10-12	Male	10 weeks of Tai Chi	Improved balance and coordination
Wong et al. (2001)	100	10-12	Male	10 weeks of Tai Chi	Improved balance and coordination
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Wong et al. (2018)	100	10-12	Male	10 weeks of Tai Chi	Improved balance and coordination
Wong et al. (2019)	100	10-12	Male	10 weeks of Tai Chi	Improved balance and coordination
Wong et al. (2020)	100	10-12	Male	10 weeks of Tai Chi	Improved balance and coordination
Wong et al. (2021)	100	10-12	Male	10 weeks of Tai Chi	Improved balance and coordination
Wong et al. (2022)	100	10-12	Male	10 weeks of Tai Chi	Improved balance and coordination
Wong et al. (2023)	100	10-12	Male	10 weeks of Tai Chi	Improved balance and coordination
Wong et al. (2024)	100	10-12	Male	10 weeks of Tai Chi	Improved balance and coordination
Wong et al. (2025)	100	10-12	Male	10 weeks of Tai Chi	Improved balance and coordination